

PERBEDAAN TINGKAT KONSUMSI Fe, VITAMIN C DAN KADAR  
HEMOGLOBIN PADA SANTRI PUTRI DI PONDOK PESANTREN DENGAN DAN  
TANPA PELAYANAN GIZI INSTITUSI (STUDI DI PONDOK PESANTREN  
MODERN SELAMAT DAN PONDOK PESANTREN PUTRI BANI UMAR AL  
KARIM) KABUPATEN KENDAL TAHUN 2007

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Anemia gizi besi disebabkan oleh kekurangan zat gizi yang berperan dalam pembentukan hemoglobin, baik karena kekurangan konsumsi atau gangguan absorpsi zat gizi terutama besi yang ada dalam makanan. Santri putri, seperti remaja putri lainnya merupakan golongan rentan gizi, dengan sering melakukan puasa, dikhawatirkan konsumsi gizi mereka di bawah angka kecukupan gizi yang dianjurkan. Penelitian ini dilakukan di Pondok Pesantren Modern Selamat adalah pondok pesantren yang menyelenggarakan makanan untuk santri dan Pondok Pesantren Putri Bani Umar Al Karim adalah Pondok Pesantren yang tidak menyelenggarakan makanan untuk santri. Tujuan penelitian ini adalah untuk mengetahui perbedaan tingkat konsumsi Fe, vitamin C dan kadar hemoglobin pada santri putri di pondok pesantren dengan dan tanpa pelayanan gizi institusi. Jenis penelitian ini adalah observasi dan metode *cross sectional*. Jumlah sampel di masing-masing tempat adalah 31 responden, teknik pengambilan sampel dengan *Simple Random Sampling*. Pengambilan data tingkat konsumsi Fe, vitamin C dengan metode *recal* 24 jam selama dua hari tidak berturut-turut, sedangkan data kadar hemoglobin diperoleh dengan mengukur kadar hemoglobin responden dengan menggunakan *Cyanmethemoglobine*. Perbedaan tingkat konsumsi Fe dan vitamin C dianalisis dengan uji *Mann-WhitneyTest*, sedangkan perbedaan kadar hemoglobin dianalisis dengan uji *Independent Sample T-Tes*. Hasil penelitian di Pondok Pesantren Modern Selamat menunjukkan 54,80% memiliki tingkat konsumsi Fe defisit 3,20% memiliki tingkat konsumsi vitamin C defisit, dan 93,50% menderita anemia. Di Pondok Pesantren Putri Bani Umar Al Karim 48,40% responden memiliki tingkat konsumsi Fe defisit, 19,40% memiliki tingkat konsumsi vitamin C defisit, dan 83,90% menderita anemia. Hasil analisis menunjukkan tidak ada perbedaan tingkat konsumsi Fe ( $p=0,477$ ) tidak ada perbedaan tingkat konsumsi vitamin C ( $p=0,627$ ) dan tidak ada perbedaan kadar hemoglobin ( $p=0,073$ ), Berdasarkan hasil penelitian, diharapkan responden meningkatkan konsumsi makanan sumber Fe, vitamin C agar kadar hemoglobin  $\geq 12$  g/dl.

**Kata Kunci:** Pelayanan gizi institusi, santri putri, kadar hemoglobin, vitamin C, tingkat konsumsi

*THE DIFFERENCE OF CONSUMPTION LEVEL OF Fe, VITAMIN C, AND  
HAEMOGLOBIN RATE AT FEMALE STUDENT OF MODERN ISLAMIC BOARDING  
SCHOOL (PESANTREN) WITH AND WITHOUT INSTITUTION SERVICE OF  
NUTRITION (STUDY IN MODERN PESANTREN OF SELAMAT AND FEMALE  
PESANTREN OF BANI UMAR AL KARIM ) KENDAL 2007*

*Fe anaemia is caused by nutrition locked which contributed in haemoglobin forming, both in its consumption and absorption trouble of nutrition especially existing Fe in food. Female student, like other adolescent was a group of nutrition susceptible, because of they often had doing fast, it was concerned about their nutrition consumption suggested nutrition sufficiency rate. This research is made in Modern Pesantren of Selamat and female Pesantren of Bani Umar Al Karim, which providing and not providing of food for its students, respectively. This research aimed to know the difference of consumption level of Fe, vitamin C, and haemoglobin rate at female student in pesantren with and without institution service of nutrition. This research type is observational research with cross sectional method. Amount of samples in each places are 31 responders, sample intake with Simple Random Sampling. Data intake of Fe consumption level, vitamin C by recall in 24 hours during two days not successively, while data of haemoglobin rate obtained with measuring responders haemoglobin rate by using Cyanmethemoglobine. The difference of consumption level of Fe and vitamin C, be analyzed by Mann-Whitney T-Test, while haemoglobin rate difference be analyzed by Independent Sample T-Test. Result of research Modern Pesantren of Selamat indicates that 54.80% of responders have deficit on consumption of Fe, 3.20% have deficit on consumption level of vitamin C and 93.50% have anemia. In female Pesantren of Bani Umar Al Karim, 48.40% responders have deficit on consumption level of Fe, 19.40% have deficit on consumption level of vitamin C and 83.90% have anemia. From this analysis known there no difference of consumption level of Fe ( $p=0.477$ ) there no difference of consumption level of vitamin C ( $p=0.627$ ) and there no difference of haemoglobin rate ( $p=0.073$ ). According to research result, it is expected for responders to improving the contents of Fe, vitamin C in food consumption in order that their haemoglobin rate  $\geq 12$  g/dl.*

**Keyword :** *Fe institution service of nutrition, female student, haemoglobin rate, vitamin C, consumption of Fe*